

中心：_____

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1140421大專院校學生英翻中短文翻譯題目

Protecting our eyes is very important today, as we use digital devices more than ever. Here are some tips to read better without hurting our eyes:

(1) Maintain a proper sitting posture

Avoid reading while lying down and remember to keep our phone, tablet, or computer at a comfortable distance to prevent eye strain.

(2) Always take a break during screen time

It is very important to move around or look outside for a few minutes after reading or using a screen for an hour. This helps our eyes relax.

(3) Do eye exercises every day and avoid long screen time

Gently rolling our eyes can help us relax our eye muscles. Also, try not to stare at the screen for too long — it can make our eyes dry and tired.

tablet 平板

screen time 螢幕時間